Community Resource Guide

Click Here to review AmeriHealth Caritas Louisiana Member Benefits

**Programs Offered**

- **Care Management programs** for chronic conditions such as obesity
- **Weight management programs & BMI tools** for children and adults including visits with a registered dietician
- **Gym Memberships** or fitness kits
- **Children Services**: Wellness visits/Early and Periodic Screening, Diagnostic and Treatment to ensure children get the medical care they need to help prevent and treat childhood diseases and illness early
- **Community Wellness Centers** located in New Orleans and Shreveport
- **Mobile Wellness and Opportunity Center**
- **CARE Card Program**: Earn rewards by doing things that help you stay healthy
- **Prescription Benefits**
- **Member Advisory Councils**
- **Back to School Events**
- **Online Preventive Care Centers**: Online resources for staying healthy
- **Champions of Care**: Partnership with Saints and Pelicans promoting health and wellness
- **Wider Circle**: Program designed to address health disparities and improve engagement in the health care process
- **Whole Health Action Management** programs with regular group meetings
- Digital publications like “Healthy Now” www.careforla.com
- **Non-emergent transportation for Dr. visits**
- **Community Resource page**
- Access to **findhelp resource**
Childhood obesity

According to the Centers for Disease Control and Prevention (CDC), childhood obesity is a serious problem in the U.S. and puts children and adolescents at risk for poor health.1

Behavior

Behaviors that influence excess weight gain include:
- Eating high-calorie, low-nutrient foods and beverages
- Taking medicine
- Not getting enough physical activity
- Having trouble sleeping
- Spending too much time watching television or other screen devices

To help children grow and maintain a healthy weight, the CDC recommends:
- Consuming healthy foods
- Being physically active

Health risks2

- Children who have obesity are more likely to have:
- Breathing problems, such as asthma and sleep apnea
- Fatty liver disease, gallstones, and gastro-esophageal reflux (e.g., heartburn)
- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes
- Joint problems and musculoskeletal discomfort
- Low self-esteem and lower self-reported quality of life
- Psychological problems such as anxiety and depression
- Social problems such as bullying and stigma

Programs Offered

- MyHumana Go365 program—earn rewards for healthy activities
- YMCA gym membership
- KidsHealth consumer video library
- Child Wellness visits: Early and Periodic Screening, Diagnostic and Treatment
- Bariatric surgery for age 18 and up
- Humana Neighborhood centers in Baton Rouge and Metairie
- Back to school events
- Health Fair Bash
- Access to findhelp resource

Click Here to review Humana Healthy Horizons Member Benefits
Community Resource Guide

Programs Offered

- Member Portal
- Health Management Programs
- Fully covered well-child visits
- 24/7 Nurse line
- Non-emergent transportation
- MyActiveHealth
- Rewards for preventive care
- Health and Wellness library
- KidsHealth website
- Telehealth services
- Access to findhelp resource

Click Here to review Aetna Better Health Member Benefits

The checkups kids need at every age

With Aetna Better Health, well-child visits are fully covered.
Community Resource Guide

**Programs Offered**

- Child Wellness visits
- Healthy Rewards
- **Healthy Families Child Weight Management Program**—6 month program for members ages 7-17 to get and stay healthy. Families get fitness and healthy behavior coaching, written nutrition information, and online and community resources
- Case Management services
- Medical Transportation
- Member Portal
- FindHelp
- Free community Resources
- Prescription benefits
- Sydney Health app

**Click Here to review Healthy Blue Member Benefits**
Community Resource Guide

Programs Offered

- Care Management and Disease Coaching
- Personalized Support
- Member Advisory Council
- Online Health Resources
- Sharecare App
- Child Wellness visits
- My Health Pays Rewards Program
- Medical Transportation
- 24/7 Nurse Advice Line
- findhelp resource
- Prescription benefits

Click Here to review Louisiana Healthcare Connections

Member Benefits
Programs Offered

- Weight Management program enrollment for members over age 12
- Personalized Support
- Child Health Screenings/Checkups
- Rewards Program for Healthy Activities
- Wellness programs
- Medical Transportation
- NurseLine Services
- Live and Work Well Online Resources
- Prescription benefits
- Complex Case Management services

Click Here to review United Healthcare Community Plan Member Benefits
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